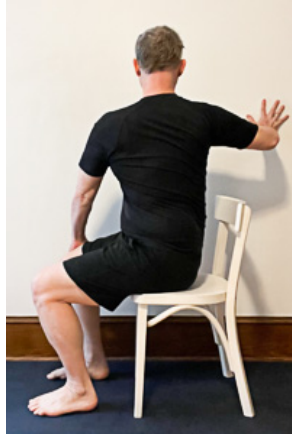


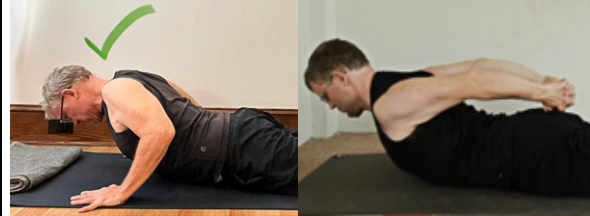
Dr Loren Fishman's Yoga vs. Osteoporosis: Evening Sequence (Gernot's Version)

Do each pose for **30-60 seconds on each side**, every day. In each pose challenge your strength and your range of motion, while enjoying your breath. The order of the poses has been changed slightly with Dr. Fishman's approval.



Seated Spinal Twist

1. Place your trailing hand on your outer knee
2. Twist more in the torso, less in the neck (rotate your ribcage relative to your hips)
3. Create a tug of war between your arm and your leg



Locust (do twice)

1. Keep the back of your neck long and relaxed (gaze down, not forward); use your middle back muscles to lift
2. Hands on floor next to your shoulders
3. Interlace your hands behind your back to put more forces into the vertebrae



Bridge (do twice, block optional)

1. Bring your heels in close and lift your torso
2. Move your shoulder blades down your back and in towards your spine and lift your chest higher
3. Squeeze the block to also affect femoral neck and hip bone density



Reclining Hip Stretch I

(Supta Padangusthasana I)

1. Make sure your leg is straight before you lift it with the strap
2. Keep your shoulder blade on the floor
3. Create a tug of war between your arm and your leg



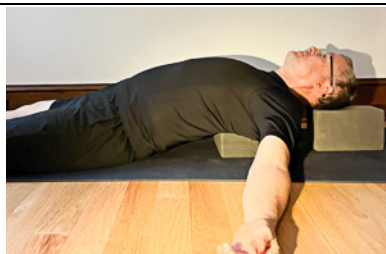
Reclining Hip Stretch II (Supta Padang. II)

1. Lower the leg to the side
2. Engage core to keep hips more horizontal
3. Create a tug of war between arm and leg



Reclining Hip Stretch III (Supta Padang. III)

1. Hold strap in opposite hand and twist
2. Both shoulder blades on the floor, hip lifts
3. Create a tug of war between arm and leg



Final Relaxation (2+ minutes, blocks optional)

1. Curved block under shoulder blades (bottom edge of block near the bra strap)
2. Block under head tall enough that the head isn't falling back
3. Arms out (45-90 degrees), palms up